



Calendar of Sports & Fitness events 2007

MARCH

THU 1 FC- Strength Training Orientations, 9 am and 6 pm @ FC

SAT 10 SP- St. Patrick's 10 k Race, 4:30 pm @ FC

THU 15 FC- 4th Annual Health Fair, 9 am @ FC

TUE 20 SP-Domino Tournament Registration deadline @ FC or Sports by COB

TUE 22 FC-1.5 Hour Cycling, 12 noon, @ FC

SAT 24 SP- Domino Tournament 9 am @ Sports Office Bldg. 1020, Buchanan Heights

Monday thru Friday Army 10 Miler Practices, 5:30 am @ Fitness Center

Monday thru Thursday Adults Basketball League, 6:45 - 10 pm @ Fitness Center

APRIL

THU 5 SP-Softball League Registration Deadline, by COB @ FC
FC-Healthy Food Day 9 am @ FC
FC- Strength Training Orientations, 9 am and 6 pm @ FC

SAT 7 SP-Chess Seminar 9:30 am @ Sports Office

MON 9 FC- 15 Station Fitness Challenge, 5:30 pm @ FC

WED 11 SP- Adult Softball League Coaches Meeting, 3 pm @ El Caney Conf. Rm.

SAT 14 FC- Piñones Cycling Beach Trip, 8 am @ FC

THU 19 SP-Adult Softball League Starts, 6:45 pm

SAT 21 SP-Arm Wrestling Tournament, 9 am @ Fitness Center

SUN 22 SP-Army 10 Miler Tryout Registration Deadline by COB @ FC

FRI 27 SP-Army 10 Miler Tryout, 6 am @ FC

SAT 28 FC- Basic Indoor Cycling Clinic, 10 am @ FC

MAY

WED 2 SP- Table Tennis Tournament Registration deadline by COB @ FC

THU 3 FC- Strength Training Orientations, 9 am and 6 pm @ FC

SAT 5 SP- Table Tennis Tournament, 9 am @ FC

SUN 6 FC-Free Weights Training Seminar, 6 pm @ FC

THU 10 1.5 Hrs. Ind. Cycling 12 noon @ FC

TUE 15 SP-Softball Skills Games, 6:45 - 10 pm @ Maxie Williams Field

WED 16 SP- Armed Forces Racquetball Tour. Registration Deadline by COB @ FC

SAT 19 SP- Armed Forces Racquetball Tournament 9 am @ Fitness Center

SUN 20 FC- Resistance Training Challenge, 12 noon @ FC

WED 23 Memorial Day: Fitness Ctr. open 9 am - 5 pm; Sports Office closed.

Monday thru Friday Army 10 Miler Practices, 5:30 am @ FC

Monday thru Thursday Adults Softball League, 6:45 - 10 pm @ Maxie Williams Field

JUNE

MON 4 FC- Step & Tone Challenge, 5:30 pm @ FC

WED 6 FC- Abdominal & Swiss Ball Challenge 12 noon @ FC

THU 7 FC- Strength Training Orientations, 9 am and 6 pm @ FC

SAT 9 SP Parque Lineal Picnic/Walk/Bike Trip 8 am @ FC

SAT 16 SP- 1st Fort Buchanan Martial Arts/Karate Invitational Tournament @ Fitness Center, 8 am

SUN 17 SP- Doubles Tennis Tournament Registration deadline by COB @ FC
FC-Spin & Tone Class, 6 pm @ FC

SAT 23 SP- Doubles Tennis Tournament, 9 am @ MWR Tennis Courts

SUN 24 Monday thru Friday Army 10 Miler Practices, 5:30 am @ Fitness Center

Monday thru Thursday Adults Softball League, 6:45 - 10 pm @ Maxie Williams Field

JULY

THU 5 FC- Strength Training Orientations, 9 am and 6 pm @ FC

TUE 10 SP- Chess Tournament Registration Deadline by COB @ Fitness Center

WED 11 FC- Step Aerobics and Toning Class, 5:30 @ FC

SAT 14 SP- Chess Tournament, 9 am @ Sports Office Bldg. 1020, Buchanan Heights

SUN 15 FC- Federico's Birthday Cycling Class, 12 @ FC

MON 23 SP- Dodge Ball Tournament, 7 pm @ Fitness Center

TUE 24 SP- Dodge Ball Tournament, 7 pm @ Fitness Center

WED 25 SP- Dodge Ball Tournament, 7 pm @ Fitness Center

THU 26 FC- Piñones Cycling & Beach Trip, 8 am leaving from the FC

SAT 28 Independence Day, 4 July Fitness Ctr. & Sports Office closed

Monday thru Friday Army 10 Miler Practices, 5:30 am @ Fitness Center

Monday thru Thursday Adults Softball League, 6:45 - 10 pm @ Maxie Williams Field

AUGUST

THU 2 FC- Strength Training Orientations, 9 am and 6 pm @ FC

SAT 11 SP - Boxing Show 8 pm @ Fitness Center

FRI 17 FC- Volleyball League Registration Deadline COB @ FC

TUE 21 SP- Adult Volleyball League Coaches Mtng, 3 pm @ El Caney Conference Rm.
FC- Federico's Birthday Cycling Class, 12 @ FC

THU 23 FC- Pasta Day, 9 am @ FC

SAT 25 SP- Perimeter Road 5.2 mile Challenge, 5 pm @ FC

TUE 28 SP- Adult Volleyball League starts, 6:45-10 pm @ FC

THU 30 FC- Basic Self Defense Class, 5:30 pm @ FC

Monday thru Friday Army 10 Miler Practices, 5:30 am @ Fitness Center

SEPTEMBER

THU 6 FC- Strength Training Orientations, 9 am and 6 pm @ FC

SAT 8 SP- Cerro Gordo Beach Trip, 8 am @ FC

TUE 11 FC- 1.5 Lunch Cycling Challenge, 12 n @ FC

THU 13 FC- Basic Indoor Cycling, 12 noon @ FC

TUE 25 SP- Bench Press Tournament Registr. Deadline, by COB @ FC

SAT 29 SP- Bench Press Tournament 8:30 am @ Fitness Center

SUN 30 Labor Day, Fitness Ctr. opens 9 am - 5 pm Sports Office closed

Monday thru Friday Army 10 Miler Practices, 5:30 am @ Fitness Center

Monday thru Thursday Adults Volleyball League, 6:45 - 10 pm @ Fitness Center

OCTOBER

WED 3 FC- Resistance Training Challenge, 12 noon @ FC

THU 4 FC- Strength Training Orientations, 9 am and 6 pm @ FC

SUN 7 SP- Army Ten Miler Race @ Washington, DC 8 am

SAT 13 SP- Walleyball Tournament, 9 am, @ Fitness Center

SUN 14 SP- Singles Tennis Tournament Registration Deadline by COB @ FC

WED 17 SP- Free Weights Training Seminar, 6 pm @ FC

THU 18 FC- 2 hrs. Fall Cycling Tournament, 5:30 @ Fitness Center

SAT 20 SP- Singles Tennis Tournament, 9 am, @ MWR Tennis Courts

SUN 21 SP- Flag Football Registration Deadline by COB @ FC

WED 24 Columbus Day, Fitness Ctr. opens 9 am - 5 pm Sports Office closed

Monday thru Thursday Adults Volleyball League, 6:45 - 10 pm @ Fitness Center

NOVEMBER

SAT 3 SP- Basketball Weekend Tournament, 9 am @ the Fitness Center

SUN 4 SP- Flag Football Coaches Meeting, 3 pm @ El Caney Conf. Room

WED 7 FC- Fitness & Cycling Class, 5:30 pm @ Fitness Center

TUE 13 SP- Flag Football League Starts, 6:45-10 pm @ Maxie Williams Field

WED 14 SP- Turkey Trot 5km Race 4:30 pm @ Fitness Center

SAT 17 FC- Turkey Burn-out 1.5 hour Challenge, 6 pm @ Fitness Center

WED 21 FC- Basic Self Defense Class, 5:30 @ Fitness Center

THU 29 Thanksgiving Day Fitness Ctr. & Sports Office closed

Monday thru Thursday Adults Flag Football League, 6:45 - 10 pm @ Maxie Williams Field

DECEMBER

MON 3 FC-1.5 hrs. Step Aerobic Chll., 5:30 @ Fitness Center

TUE 4 SP- Domino Tournament Registration Deadline by COB @ Fitness Center

SAT 8 SP- Domino Tournament, 9 am @ Sports Office

SUN 9 SP- Basketball Tournament, (35 yrs. & older) 9 am @ Fitness Center

SAT 15 Christmas Day Fitness Ctr. & Sports Office closed

SUN 16 Monday thru Thursday Adults Flag Football League, 6:45 - 10 pm @ Maxie Williams Field

The events above are subject to change.

SPORTS PROGRAM 787-707-3277
POC: Mr. Luis Robles, Sports Director
Mr. Juan Sanfeliz, Jr., Sports Specialist

FITNESS PROGRAM 787-707-3767
POC: Mr. Roberto Fernández,
Fitness Center Manager

HOLIDAYS

WEEKENDS

Log on to www.buchanan.army.mil/mwr